



National Nutrient Database for Standard Reference

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Statistics Report 01094, Milk, buttermilk, dried

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	2.97	170	0.038	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	387	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Energy	kJ	1619	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Protein	g	34.30	3	0.333	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	5.78	163	0.077	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	7.95	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	49.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total	g	49.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2002
Minerals													
Calcium, Ca	mg	1184	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.30	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Magnesium, Mg	mg	110	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phosphorus, P	mg	933	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	1592	340	5.486	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Sodium, Na	mg	517	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Zinc, Zn	mg	4.02	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Copper, Cu	mg	0.111	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.023	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	20.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	5.7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.392	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Riboflavin	mg	1.579	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.876	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	3.170	3	0.128	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-6	mg	0.338	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folate, total	µg	47	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	47	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Folate, DFE	µg	47	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Choline, total	mg	118.7	--	--	--	--	--	--	--	--	Calculated or imputed	01077	03/2007
Vitamin B-12	µg	3.82	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	49	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Retinol	µg	48	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Carotene, beta	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	01077	12/2002
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Vitamin A, IU	IU	175	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Vitamin E (alpha-tocopherol)	mg	0.10	--	--	--	--	--	--	--	--	Calculated or imputed	01077	12/2002
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D3 (cholecalciferol)	µg	0.5	--	--	--	--	--	--	--	--	Calculated or imputed	01211	02/2009
Vitamin D	IU	20	--	--	--	--	--	--	--	--	Calculated or imputed	01211	02/2009
Vitamin K (phylloquinone)	µg	0.4	--	--	--	--	--	--	--	--	Calculated or imputed	01077	12/2002
Lipids													
Fatty acids, total saturated	g	3.598	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	0.187	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
6:0	g	0.111	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
8:0	g	0.065	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
10:0	g	0.145	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	0.162	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
14:0	g	0.581	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:0	g	1.520	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	0.700	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total monounsaturated	g	1.669	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:1 undifferentiated	g	0.129	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	1.454	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.215	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	0.131	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:3 undifferentiated	g	0.084	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cholesterol	mg	69	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Amino Acids													
Tryptophan	g	0.484	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Threonine	g	1.548	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Isoleucine	g	2.075	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Leucine	g	3.360	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Lysine	g	2.720	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Methionine	g	0.860	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Cystine	g	0.317	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phenylalanine	g	1.656	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Tyrosine	g	1.656	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Valine	g	2.296	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Arginine	g	1.242	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Histidine	g	0.930	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Alanine	g	1.183	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Aspartic acid	g	2.602	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glutamic acid	g	7.183	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glycine	g	0.726	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Proline	g	3.322	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Serine	g	1.866	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002